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Thank You for Everything..

Many times in life, we keep counting what we have not received…

But pause for a moment and think —

You have breath,

You have family,

You have food,

You have legs to walk and a mind to think…

These blessings are not easily available to everyone.

A person who focuses only on what is missing will always complain.

But a person who remembers what they already have develops gratitude in the heart.

Complaints drain the mind…

Gratitude strengthens it.

Make one small resolution every morning —

“God, thank You for everything I have today.”

Then you will see…

Life may remain the same,

but your way of seeing it will change.

Remember —

Happiness is not found in things,

Happiness is found in the feeling of gratitude.